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# Edmonton metro



**FORT MCMURRAY**  
On losing the  
museum of  
one's life to fire  
**metroVIEWS**

Your essential daily news | TUESDAY, MAY 10, 2016

High 17°C/Low 2°C Partly Cloudy



A burned-out house and others still intact in the Abasand neighbourhood of Fort McMurray. JONATHAN HAYWARD/THE CANADIAN PRESS

## THE NEW FORT MCMURRAY

### What's been lost, and spared, in an ocean of fire



**Ryan  
Tumilty**  
Metro | Edmonton

**IN FORT MCMURRAY**

Metro takes you behind the headlines, where a first look inside the city shows mercy, devastation just feet apart

- PILOT BREAKS THE RULES TO SAVE PETS
- FIREFIGHTERS BOND ON THE FRONT LINES
- TOUR REVEALS THE MANY SAVED HOMES



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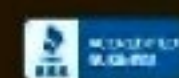
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# The cruel randomness of fire

### DAMAGE

## School stands amid gutted homes in one neighbourhood



Inside Fort McMurray, the raw cruelty that last week's fire represents, forcing 88,000 people to flee, is front and centre.

But the cruel randomness of it all is also on display.

In Abasand, one of the most badly burned neighbourhoods, the Ecole Boreal and its swing sets and playgrounds sit empty and undamaged, as if waiting for children to come back.

All around the school are homes reduced to empty shells: stoves and BBQs just barely recognizable and at one foundation, a charred skeleton of a bike securely chained to another.

The school stands but the walls, bedrooms, roofs of houses — the very places the school's children lived — are gone.

The school wasn't alone in surviving despite its surroundings: Many homes in the neighbourhood were spared, often just across the street from another that was destroyed.

On a media tour of Fort McMurray Monday, reporters from around the world witnessed first-hand how the massive blaze, which continues to grow outside the city, has gutted a



A burned-out barbecue is shown in the Abasand neighbourhood during a media tour on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

community.

If the damage in Abasand is arbitrary, in Beacon Hill it is complete.

The sign entering the community stands, and so do its bus stations, but row upon row of homes have only their basements remaining.

The cars are torched, tires



**Fort McMurray is still alive. We are here. We are ready for the future.**

Fire Chief Darby Allen

melted.

Only the sidewalks and the driveways give a hint about what was here before.

Fire Chief Darby Allen said the random homes that were saved were the result of hard work by firefighters.

"It was specific firefighter operations internally that stopped the spread of the fire," he said.

But in Beacon Hill, he said, they simply didn't have time.

His Birmingham accent might suggest otherwise, but Allen has called Fort McMurray home since 2009 and has been

its fire chief for the last three and a half years.

Knowing his neighbours would be seeing the tragedy unfold on newscasts, Allen was stoic on the media tour and sent a message to the evacuees across the province.

"Fort McMurray is still alive. We are here. We are ready for the future," he said.

After seeing the damage for the first time Sunday, the community's mayor, Melissa Blake, said despite the devastation there is a city here ready to rebuild.

"I saw the homes that still stand. I saw our infrastructure that is 100 per cent intact," she said.

"We will be able to call this community our home again."

Blake said the return would not come as quickly as people want, however, with provincial officials expecting it will take two weeks just to develop a plan for re-entry.

Even as he guided the media tour, Allen said he didn't want the spotlight to fall on him, refusing even to say the word "hero."

"I don't want this to be about that H word and Darby Allen," he said.

Allen said the real heroes of the community were the men and women on the front lines, including one local firefighter who found himself in a losing battle to save his own home.

Allen said when hope was lost for his house he didn't stop.

"He didn't drop his nozzle. He moved to his neighbour's house."

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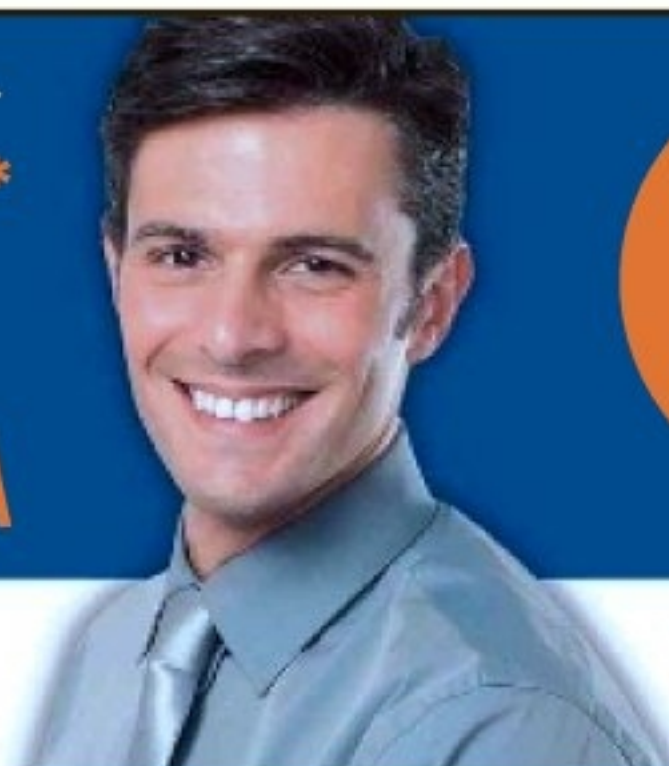
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# 'Hard work' saves 90% of city: Notley

## INFRASTRUCTURE

### Update puts buildings lost at 2,400

Alberta Premier Rachel Notley says the "ocean of fire" that hit Fort McMurray burned about 10 per cent of the buildings, but the hard work of firefighters saved the bulk of the city so it can be rebuilt.

"The fast action and the hard work and the dedication and the smarts of these first responders has, it appears, saved almost 90 per cent of the city of Fort McMurray," she said Monday after a ground tour of the devastation.

All 80,000 residents ordered out last Tuesday will have to wait at least two weeks to hear when they might be allowed to return.

Regional fire Chief Darby Allen said the speed and rapid

growth of last week's wildfire was unprecedented.

"I truly believe nothing else could have been done that wasn't done to protect the people and the structures within our city," said Allen. "They're re-writing their formulas on how fires behave based on this fire."

Notley said 2,400 buildings were torched, but 25,000 were saved, including the hospital, municipal buildings and schools.

Much of the downtown and the water treatment plant are also intact.

"This city will emerge from this emergency with real structural resiliency with most of its critical infrastructure saved," said Notley. "This city was surrounded by an ocean of fire only a few days ago, but Fort McMurray and the surrounding communities have been saved and they will be rebuilt."

THE CANADIAN PRESS



Rachel Notley speaks at the Fort McMurray fire department on Monday as fire Chief Darby Allen looks on. THE CANADIAN PRESS

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## EXPERTS

### Wildfire could leave toxic legacy

# 400

Danger from the Fort McMurray wildfire that has destroyed entire city blocks in the northern Alberta city won't end when the flames stop.

Research from California fires that have burned through homes and communities suggests such blazes leave a threatening legacy of caustic ash and toxic heavy metals.

"There's no doubt, it is hazardous," said Scott Stephens, a fire scientist at the University of California Berkeley.

California has sad experience with wildfires raging through urban areas. Every summer, said Stephens, the state loses homes to marauding flames from the woods.

Wildfires big and bad enough to force their way into communities are generally hot enough to burn off hydrocarbons such as vinyl siding, nylon carpets or household chemicals.

"Fires really do incinerate most of that material," Stephens said. "No doubt that has an impact on air quality, but the vinyls, the tires, the materials that you'd never think would burn ... most of that stuff is gone."

House fires can burn for more than an hour at temperatures reaching 1,500 C, he said.

"You'll look and try and find your dishwasher or your refrigerator. You might find its motor, you might find a few things, but

Alberta's last experience with a forest fire destroying homes came in Slave Lake, where more than 400 homes and other buildings were levelled in 2011 — about one-quarter as many as were burned in Fort McMurray. The ash from that fire was disposed of as hazardous waste.

a lot of it has just disappeared." But the ash left behind poses real threats.

The U.S. Geological Survey found ash left after California's home-destroying wildfires in 2007 and 2008 was far more alkaline than ash from wood fires. Mixed with water, the ash was almost as caustic as oven cleaner.

It was also significantly contaminated with metals, some of them toxic. Arsenic, lead, antimony, copper, zinc and chromium were all found at levels exceeding Environmental Protection Agency guidelines.

Ash particles from urban-wildfire blazes tended to be smaller and more easily inhaled. Both arsenic and hexavalent chromium — a form of the metal known to cause lung cancer — were more readily taken up by lung fluids than they were in water.

THE CANADIAN PRESS



The charred remains of a tree stands over the Beacon Hill neighbourhood of Fort McMurray on Monday. AFP/GETTY IMAGES



# Fellowship on the front lines

EMERGENCY RESPONSE

## Firefighters describe 'small victories' amid exhaustion



Lucie Edwardson  
Metro | Calgary

Dave Stirling and the other men of the ladder 4 Fort McMurray fire crew have been battling the wildfire since last Tuesday.

The wildfire has displaced nearly 88,000 people and has been estimated to cover upwards of 110,000 hectares — destroying the homes of thousands.

Stirling said it's a feeling of camaraderie that's motivating the crews, who are running on little sleep and have seen a lot of the city they love reduced to rubble.

"Just feeling tired," he said. "The sense of community and seeing all the brothers and sisters work together up here



Destroyed trucks sit in Fort McMurray's Beacon Hill neighbourhood on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

eases the pain."

Stirling said their sense of duty is propelling them during the hardest battle of their careers.

"We're doing what we love. We didn't chose this profession because of glory or fame," he said. "It's not just a job or a career, it's a life choice and everyone up

here is doing what they in their hearts want to do — serve and protect."

As the fire continues to grow, Stirling said those on the front lines are doing what they can to keep motivated.

"We're just finding small victories and staying positive with the brothers and sisters all work-

ing together," he said. "It's s---y, but there's no sense dwelling on it. We all know it's an uphill battle, but we have a job to do."

As firefighters from other cities, provinces and even countries have arrived to help, Stirling said it's

“It’s a part of the firefighting brotherhood.”

Dave Stirling

highlighted the fraternal nature of the brigade.

"Having the brothers and sisters fighting alongside us from all over is a huge support and means the world to us," he said. "We can't thank them enough for the sacrifices they're making for us."

"It's a part of the firefighting brotherhood — it's a huge worldwide family."

he added. "It's too bad it takes an emergency like this for everyone outside of our community to see that."

Austen Tanney, a firefighter from High River, described the fire as "desperate," but said things are beginning to look up.

"The conditions are improving with visibility increasing but the winds have increased fanning the fire further east," he said.

"I'm just proud of our province in coming together and I'm thankful for the opportunity to be here making a difference on the front line."



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## CAPE BRETON

# Man flees wildfire as his N.S. house burns

A man fled the Alberta wildfires only to discover his home in Cape Breton had burned down.

Bruce MacDonald, who works as a labourer during oil field shutdown periods in Fort McMurray, was making his way home and was in Toronto when he was told that his Cape North house was destroyed by a fire Thursday.

His 20-year-old son was at home at the time of the blaze and made it out safely, accord-

ing to his brother Norm MacDonald.

Norm MacDonald said he and his wife Cindy started a GoFundMe page to help out and are "overwhelmed" with the response.

"It started with the hope of maybe a couple of thousand just to help with the necessities until their insurance kicks in," he said.

"It kind of snowballed."

MacDonald said the sup-

**"(My brother's family) really can't believe the love and support from everybody."**

Norm MacDonald

port is typical for Cape Breton, where people are quick to step up to help others in times of crisis.

"People in our area they are constantly giving," said MacDonald.

MacDonald said his brother is back in Cape Breton and is staying with his family in temporary lodgings.

"They are overwhelmed; they really can't believe the love and support from everybody," he said. "The main thing is there is no loss of life that's all he (Bruce) is concerned about."

THE CANADIAN PRESS



Staff evacuated the Northern Lights Regional Health Centre before fire bore down last week. RYAN TUMILTY/METRO

## 'Heroes' get it done at hospital

## EVACUATION

### Staff mobilize ahead of alert to defend most vulnerable



**Alex Boyd**  
Metro | Edmonton

With an out-of-control wildfire raging all around, staff at Fort McMurray's only hospital put aside concerns about their families to ensure 73 patients were moved to safety.

"There was a huge internal struggle for many of us, myself included, to stay at the hospital and get the patients out and focus on the job," said Pam Lund, executive director and manager of the ICU at the Northern Lights Regional Health Centre, in Edmonton on Monday.

A few had to leave, and emotions ran high for those who remained. One nurse got into an ambulance to cry, then went back to work, Lund said.

Throughout, patient safety remained the No. 1 priority.

"Not easy to do when your kids are out there, but there were many, many heroes among us that were able to focus," she said.

Even as tens of thousands were evacuated from Fort McMurray last Tuesday with few

injuries — two people were killed in car accidents — the hospital stands as a remarkable success story.

In just a few hours, staff packed up 73 patients — including 32 continuing-care patients and nine infants — with their charts and medication and loaded them onto buses for a seven-hour trip to Firebag, where they stayed for a night before flying to Edmonton on Wednesday.

Senior operating director David Matear said they knew early on they'd have to be ready. Other areas of the city got as little as 30 minutes notice, and staff knew that wouldn't be enough time to get their most



**Even the babies didn't cry.**

Monique Janes

fragile patients ready to go.

"We had to assume that if that was going to affect the hospital in any way, that we were very, very proactive," he said.

She said the staff's sense of purpose extended to patients, who never complained.

"Even the babies didn't cry. It was just magical to see people changing these babies, bundling them up and putting them with their moms and getting them ready," she said. "It was really touching."

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# Pilot breaks rules for animals

RESCUE

**Many residents barred from re-entering city to get pets**



**Jeremy Simes**  
For Metro | Calgary

Pilot Keith Mann didn't think twice to break the rules and load his plane with more than 40 furry friends, after they spent a few days north of the fire-ravaged Fort McMurray.

More than 80,000 Fort McMurray residents were ordered to flee on Tuesday, leaving many without their pets as they were barred from re-entering the city due to the advancing wildfire.

Since then, owners and their fur babies have begun to reunite through ongoing animal rescue efforts after the flames subsided.

Mann, Suncor Energy's man-



**Pauline Gebbie holds a hedgehog during the massive animal expedition.**

COURTESY KEITH MANN

ager of flight operations, said it just made sense to fly his load of critters down south after they sought refuge north of Fort McMurray.

"We're all animal lovers here," Mann said. "We knew it was important for owners to re-connect with them."

For the past few days, Mann

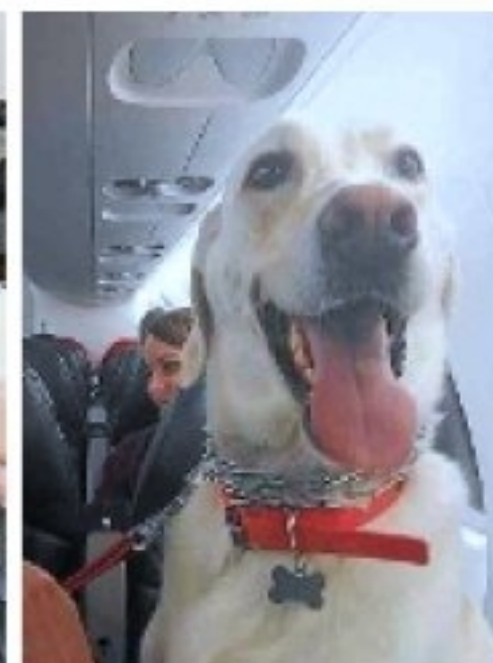
has flown about 6,000 people from camps up north to Calgary and Edmonton.

But one flight was a bit peculiar — it was like 101 Dalmatians on a plane, except it involved "cats, dogs, rabbits and chinchillas ... you name it," Mann said.

Normally, Suncor

planes only allow a few animals on a plane per trip, and they must be secured in a kennel, Mann said.

But that policy just didn't make sense given the circumstances, so he made the executive



**This pooch had his own seat during the flight to Edmonton.**

COURTESY KEITH MANN

we were up in the air," he said. "You could just tell everyone was so happy to be out of camp and on their way."

Two dogs had to be stored in the bathroom for the safety of the rabbits and chinchillas, Mann said, adding there was a pooch family of five that were huddled together.

"We just wanted to make sure some animals didn't get chewed up," he said. "I think they all got along pretty well."

The airplane then landed in Edmonton to much jubilation, Mann said.

"I didn't witness any reunifications, but it was just elation," he said. "You could tell everyone was happy to be out of there."

Though he didn't personally witness any reunions, many have already occurred.

Mann's piloted a lot of flights in his career, though he said he never thought he'd fly an airplane-load of animals.

"It's definitely one of those things you never imagine yourself doing," he said with a laugh. "But I'm glad we did it."

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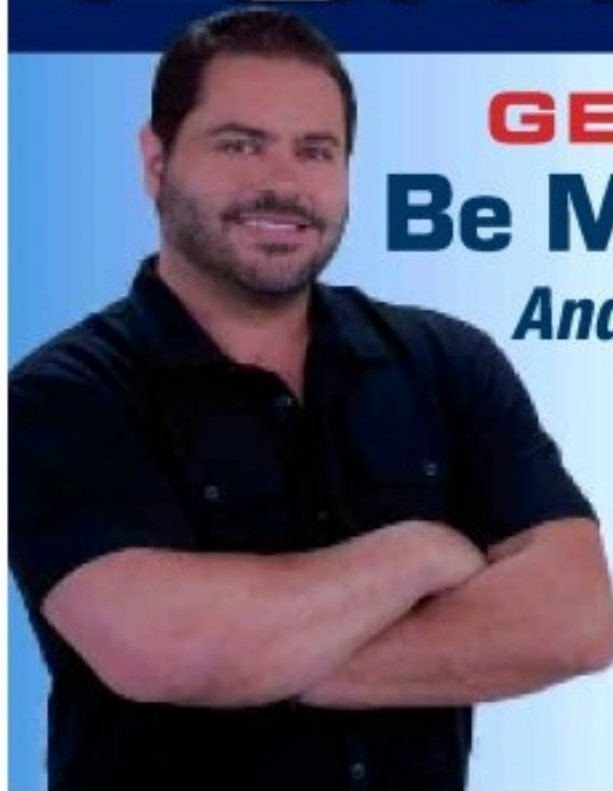
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# Father, son finally reunite

MISSING

## Fort McMurray man feared dad trapped in city's rubble

**Jeremy Simes**  
For Metro | Calgary

Two days after the Fort McMurray wildfire destroyed much of the city, Dion Hasad had no idea if his dad, Ken, was still trapped among the rubble.

"While we were fleeing, I called my dad and said, 'Dad, get out now. Get out now,'" Hasad recalled, adding his father has a form of dementia.

"He was like, 'No one has evacuated us.' And I was like, 'I can't come back downtown because they won't let me in.'"

Dion's friends also waited

outside Ken's driveway, hollering at him to come down and escape. But they also had to flee.

It wasn't until the very last moment that Ken hopped in his old pickup and left for Anzac, after noticing the city was in serious trouble.

At that point, Dion said he had no idea if his dad was safe, so he posted that Ken was missing on Facebook.

"That's where panic kicked in," he said. "I can't find my dad, and I don't know if he's being stubborn as usual or if he was seriously stuck."

Turns out Ken had a few bumps while making his way to Anzac.

Dion said he ran out of gas in Wandering River, but that didn't stop him from meeting other evacuees and lending a helping hand.

"A guy who saw my Facebook post



Dion Hasad, right, was worried his dad, Ken, didn't make it out of Fort McMurray as the city began to burn. COURTESY DION HASAD

called me and said, 'Your dad gave us a jerry can of gas. He's all right,' Dion said. "I was like, 'OK, good — he's being the normal warm-hearted guy most people know him to be.'"

Dion then called a friend in the area to pick Ken up and drive him to Cold Lake.

"He didn't say much. It was just a hug and a thank you," Dion said. "I'm the oldest sib-

ling, so it's my job to deal with these things."

Dion said he's scheduled to volunteer with the relief effort when officials re-open the city to residents.

HEALTH

## Stomach bug hits evacuees

After being forced from their homes by fire, some Fort McMurray evacuees are now having to cope with what health officials believe is an outbreak of viral gastroenteritis.

About 40 to 50 people at the Edmonton evacuation centre got sick over the weekend from symptoms consistent with the virus. Dr. Chris Sikora, senior medical officer of health for Edmonton, says those who reported symptoms included a combination of young and old.

Sikora says to help keep the bug from spreading, officials placed those who had fallen ill in a separate area, took steps to sanitize washrooms and showers, and increased access to hand sanitizer.

Rob Brekke, the city of Edmonton's co-ordinator for emergency services, says the preventative measures helped reduce the number of people reporting symptoms between Sunday and Monday.

THE CANADIAN PRESS

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# Gretzky collector loses enthusiasm

## MEMORABILIA

### Hobbyist saved jerseys, rookie cards from fire

He saved precious hockey memorabilia from the flames, but one of Canada's biggest sports collectors says the Fort McMurray fire may have cost him his hobby.

"I don't know that collecting means as much to me anymore," said Shawn Chaulk, who was once called the Wayne Gretzky of Wayne Gretzky collectors.

It includes dozens of game-worn jerseys and sticks, some worth up to \$20,000. He has more than 100 Gretzky sticks from one used in the 1978 world junior tournament to one used in Gretzky's last game with the New York Rangers in 1999.

The list includes gloves and helmets worn during Stanley Cup victories and regular-season games, skates replete with scuffs and repairs and replica Stanley Cups once owned by former Oilers owner Peter Pocklington,

who is still reviled by some Oilers fans for trading Gretzky to the Los Angeles Kings in 1988.

The situation put a whole new meaning on the question: What would you take if your home were on fire?

As his wife and children threw clothes and toys into suitcases last Tuesday during Fort McMurray's evacuation, Chaulk was downstairs with an associate trying to figure that one out.

"I dumped my safe and took things like Gretzky rookie cards.

The choices were tough.

"The No. 1 collectible I took out of there was Gretzky's '84 Canada Cup jersey worn in the cup-winning game. And his stick," he said. "They're liquid and we could need the money to rebuild."

Eventually, the family left with about 50 jerseys and four Gretzky sticks Chaulk has willed to his children. They drained fuel from their lawnmower to get as much gas in the car as possible and fled north. The family will rebuild



**They're liquid and we could need the money to rebuild.**

Shawn Chaulk

I opened two hockey bags and put them on the floor and said, 'Start filling 'em.'

"I was ripping jerseys out of display cases and off hangars at a speed I didn't know I could operate at — just throwing them at Mark and he was filling the hockey bags. We zipped up the two bags and that became it."

and move on, but Chaulk's not so sure about the hobby he loved.

"I'm not sure if I'm in the same frame of mind. Maybe I'm wrong. Maybe I'm just emotional. I don't know if I need to even focus on that anymore."

"Every hour that I put into collecting I take away from my family." THE CANADIAN PRESS



Shawn Chaulk poses with his collection of Wayne Gretzky memorabilia in Fort McMurray on April 16, 2013. Chaulk, one of Canada's biggest collectors of hockey memorabilia, says the Fort McMurray fire may have changed his attitude toward collecting. JASON FRANSON/THE CANADIAN PRESS

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# Insurance firms up services

DAMAGE

## Extra agents brought in to handle claims



**Brodie Thomas**  
Metro | Calgary

At evacuee camps across Alberta — next to representatives from the Red Cross and Alberta Health Services — insurance agents are also setting up tables.

Bill Adams, regional vice president for the Insurance Bureau of Canada, said representatives from the IBC are set up at Lac la Biche and at Northlands in Edmonton. They are making plans to set up in Calgary this week.

Insurance companies have even been bringing in employees from other parts of Canada to help process the flood of claims they are expecting.

Adams' advice to anyone affected by the wildfires is simple — open a claim.

"You'll be in the queue," he said. "The longer you wait — the more difficult it's going to be."



A burned out car is shown in the Beacon Hill neighbourhood of Fort McMurray during a media tour of the fire-damaged Alberta city on Monday. RYAN REMIORZ/THE CANADIAN PRESS

He said insurers are trying to get a handle on the numbers, and they won't be able to really do that until they find out how many claims they are dealing with, and get in to assess the damage.

Some companies are going out of their way to start collecting that information. Intact Insurance, the largest home insurance company in Canada, said in a re-

lease Monday it has used satellite technology to assess homes that were a total loss.

Intact alone is estimating an after-tax net loss of \$130 to \$160 million.

IBC, on the other hand, isn't releasing any numbers until they can

get adjusters in to see the damage.

"We don't speculate — we wait until we have hard facts," said Adams.

Adams said for homeowners, everything depends on the plan they pur-

**\$160 million**

The after-tax net loss that Intact alone is estimating.

chased, but he said for total loss coverage, insurers will help them through the entire process — from debris removal to drafting plans to the rebuilding.

He said there may be people who will decide not to return to Fort McMurray. In that case, they're not obligated to rebuild.

"Insurers will have a way of calculating what the actual cash value of the home was," he said.

He added that the person would still own the building lot.

Adams expects that just about every home in the city will have smoke damage — something that is generally covered under most policies.

As for vehicles, he said, unless a vehicle was an older model with basic insurance, burnt-out vehicles will be replaced. "The vast majority of Albertans have this coverage," he said.

EVACUATED SCHOOLS

## Students can opt out of exams



**Lucie Edwardson**  
Metro | Calgary

Education minister David Eggen said 12,000 students are out of the classroom due to the Fort McMurray wildfire evacuations.

Eggen said there were roughly 900 grade 11 and 12 students signed up to write diploma exams — but due to the fire, they may now opt out.

"All of these students will be granted an exemption if they choose," he said.

If a student does wish to write their diplomas, they can do so by registering at testing centres in both Calgary and Edmonton at SAIT and the University of Alberta.



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# Trudeau turns down aid for fire

## EMERGENCY ASSISTANCE

**Feds appreciate global support, but say it is not currently needed**

Russia, the U.S., Mexico, Australia, Taiwan, Israel and the Palestinian Authority have all offered help in fighting the northern Alberta wildfire, but Prime Minister Justin Trudeau says there's no need for international assistance.

Last week Vladimir Puchkov, the Russian minister of emergency measures, offered to send heavy water bombers and specialized crews to battle the fire that's been raging out of control near Fort McMurray.

A number of other offers have also been made since the crisis emerged last week and they have been reviewed against requirements, said John Babcock, of Global Affairs Canada.

Canada sincerely appreciates the international support, but it isn't necessary, Trudeau

told a news conference Monday. Water bombers and firefighters from other provinces, including Ontario, B.C., Quebec and New Brunswick, are getting a handle on the situation, he added.

"There is no doubt that people around the world have been marked by this disaster and have been very generous in their offers of support, but the reality is with all of the assistance of people across this country, we don't need help from other countries at this time," he said in French.

Public Safety Minister Ralph Goodale said Canadian authorities have a handle on the crisis and what's truly needed is a break in the weather.

"The decision was made by the firefighters in the emergency management system that (foreign help) wasn't necessary because of the nature of this blaze," Goodale said following question period.

"This beast is so big the only

thing that will fix it is rain."

The economic impact of the fire, both at the local and national level, will take some time to shake out, Trudeau said. In the meantime, Natural Resources Minister Jim Carr is working with oil companies to understand how the shut down of production has impacted them.

Carr said he's spoken already with industry players and would be speaking with Alberta's energy minister later in the day.

But Conservative energy critic Candice Bergen said Carr should have visited the area already.

"The minister of natural resources hasn't said 'boo' about this, nor has he visited the region," Bergen said.

Trudeau also faced questions Monday on long-term plans for reconstruction in the community where over 1,600 homes have been destroyed and municipal infrastructure weakened.

THE CANADIAN PRESS



The Canadian government has received offers to fight the Fort McMurray wildfire from the United States, Russia, Mexico, and firefighters from other provinces are getting control of the situation. THE CANADIAN PRESS

## SAFETY

# City ignoring ban on fire despite blaze

**Kevin Maimann**  
Metro | Edmonton

Edmontonians are ignoring fire bans at their own peril.

Edmonton Fire Rescue spokesperson Jill McKenzie said Monday that fire crews had responded to more than 100 open fires since the ban was put in place Thursday.

"We called a ban last year and we did not have as many reports of non-compliance as this year. So it is a big concern for the safety of all Edmontonians," she said.

The lack of compliance also comes as thousands of people forced to flee their homes due to wildfires in Fort McMurray are now staying in Edmonton.

A brush fire seriously damaged three homes in west Edmonton's Wolf Willow neighbourhood Sunday afternoon, after several other fires were put out in the river valley over the weekend.

The Wolf Willow fire is now being investigated by police as a possible arson.

Alberta wildfire information officer Travis Fairweather said officials are monitoring weather

conditions every day and it is crucial that people adhere to the ban until it is lifted.

"We don't put a fire ban in lightly. We definitely put a lot of thought and look at all the conditions and it's a tough decision to make, because we don't want to spoil people's fun," he said. "We know people want to have a campfire and they want to be out on their off-road vehicles. But the conditions just aren't allowing for it right now."

Fairweather said Edmonton will likely need a few days' worth of rain before the ban can be lifted.

He expects Alberta's already active wildfire season to continue as the province sees hot, dry, windy weather similar to conditions last year — which was the second busiest firefighting season in 25 years.

"One thing we're definitely noticing is a lot of stuff is happening sooner than it would in the past," Fairweather said.

"I think that comes down to the lack of moisture we saw this winter."

"It left a lot of dry stuff on the ground that is very easy to ignite."

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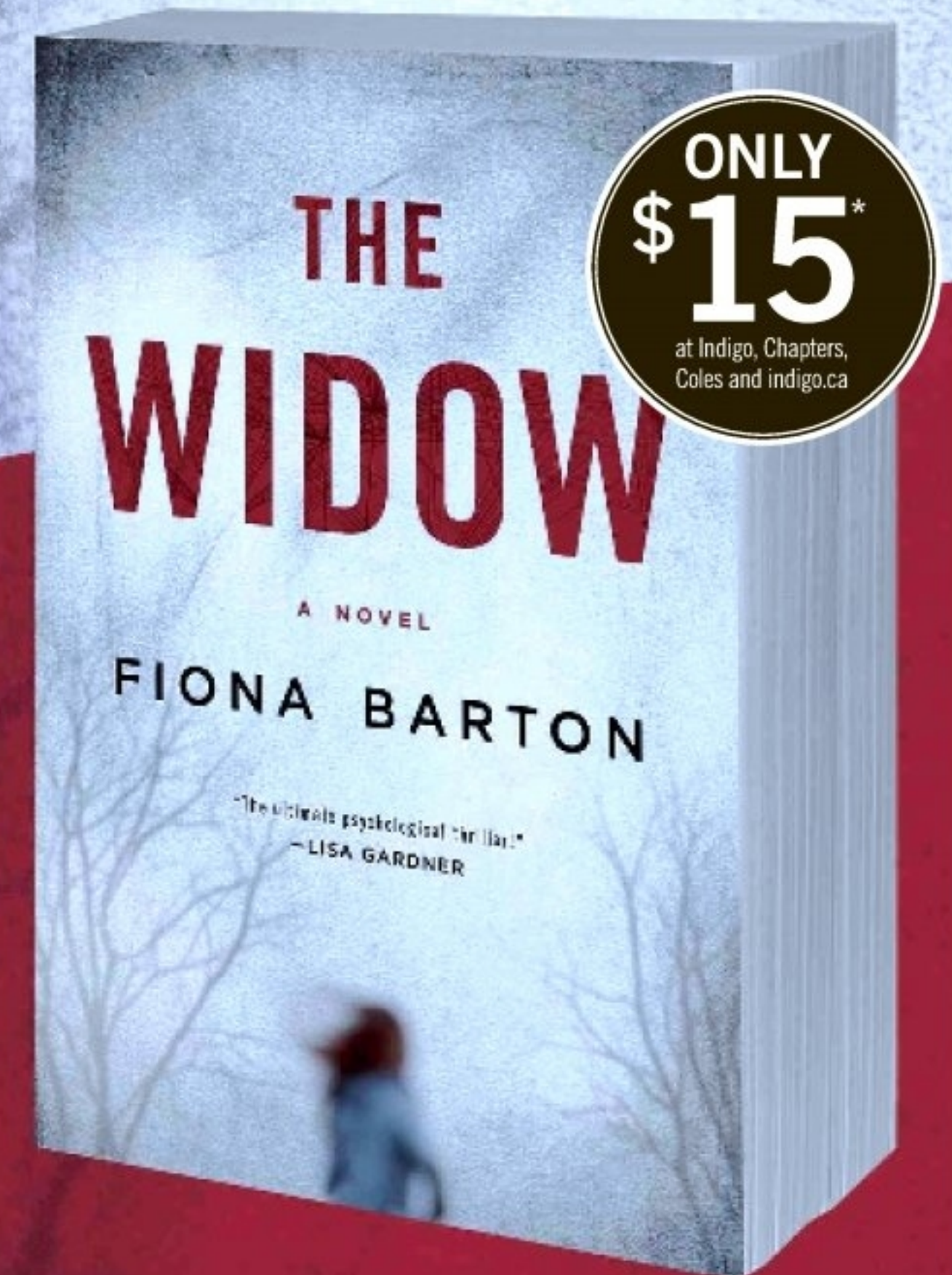
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## CULTURE

## Breaking the ice for teens and seniors



**Alex Boyd**  
Metro | Edmonton

Our electronics may get smaller and our textbooks bulkier, but the challenges of chatting with friends and acing school exams remain the same.

That's the thinking behind a new pilot project at the Mill Wood's branch of the Edmonton Public Library hoping to use objects from the past and present to spark conversation between teens and seniors.

"Imagine a suitcase, and inside this suitcase you will find all these photographs and objects, some from back then and some from today," said Jennifer Waters, a youth services librarian.

Library staff are in the process of assembling the Then and Now kits, built around

five themes central to being a teenager: School, music, toys, fashion and food.

Each kit will contain pairs of objects, like a mid-century hand-held eggbeater and its electric counterpart. The kits are intended to get people from different generations talking.

The idea of the project came out of a Report on Ageism commissioned by the city that recommended more inter-generational programming.

"Both teens and seniors are subject to ageism and stereotypes in different ways, and they can both be vulnerable in different ways," said community librarian Kate Charuk.

Waters and Charuk are hoping Edmontonians can pitch in and donate some of the harder to find items, and have put up a wish list on the library website.

## ADDICTION

## Pilot project will aid homeless alcoholics

Edmonton city council approved a two-year wellness pilot project Monday that will offer those who are on the street and abuse alcohol more ways to wean themselves off of the addictive substance.

The project will see front-line workers extend hours and services to clients on the street and will include cooperation from Alberta Health Services.

Coun. Scott McKeen said a 'wet shelter' at Ambrose Place in the McCauley neighbourhood has illustrated innovative services for those with alcohol addiction lead to positive outcomes.

"Ambrose Place in Mc-

Cauley is one of the finest examples," said McKeen. "It has a managed alcohol program, which does what it says — limit and manage drinking for chronic alcoholics."

Some cities, like Seattle, have taken the harm reduction model of the wet shelter and added it to housing — an idea McKeen supports discussing in Edmonton.

When people are housed and treated with dignity and removed from the "high-stress, dog-eat-dog life on the street," their health outcomes also improve and their dependence on first responders like police or paramedics is reduced, he said. METRO



Bethani Webb is recovering at the Royal Alexandra Hospital with her husband Tim after giving birth to quadruplets. KEVIN MAIMANN/METRO

# 'I felt as if it was a magic show': Father

## BIRTHS

## Webb family's quadruplets are Alberta's fifth set since 2004



**Kevin Maimann**  
Metro | Edmonton

A couple welcomed four daughters into the world at an Edmonton hospital Friday.

Tim Webb said watching his wife Bethani give birth to quadruplets at the Royal Alex-

andra Hospital was "surreal."

"I felt as if it was a magic show, because it was one baby and then two babies and then three babies and then four babies," he said.

Bethani was also surprised and relieved by how fast the process was, with at least 16 health professionals in the delivery room at once, led by Dr. Billy Wong.

"It was over and done really quick. The babies were born within one minute of each other," she said.

The couple came from Hythe for the cesarean-section birth after 33 weeks of pregnancy.

The babies — Abigail, Emily, Grace and McKayla — were born between 7:50 a.m. and 8 a.m., each weighing between three and four pounds.

They all appear to be healthy and active, according to doctors, though they will remain in the Stollery Neonatal Intensive Care Unit at the Royal Alex for a few more weeks.

Community members have organized fundraisers for the couple and pledged to help them out as much as possible when they return to Hythe, located about 500 kilometres northwest of Edmonton.

"The community's been

amazing. They're so supportive and so welcoming and so helpful," Bethani said.

"They're going to help change and feed and even just give us some time so we can relax and take a breath and get some sleep when we can."

Tim said the couple is excited for the future.

"I'm looking forward to every stage, from changing diapers to eventually one day down the road we'll be at their grad crying," he said. "It's going to be awesome."

The Webb babies are the fifth set of quadruplets born in Alberta since 2004.

## IN BRIEF

### Look, ma — no hands

Time has been brought to a standstill at City Hall, quite literally.

According to staff, the clock hands on the city's Friendship Tower have been out for service for several weeks and will likely be out a few weeks more, all part of routine maintenance.

"Every few years we remove them just to get them serviced and make sure they keep time correctly," said Tannia Franke, the civic precinct supervisor. "It's just regular maintenance because they

are outside and up against the elements." METRO



What time is it? The clock at City Hall won't be answering that question for a while. KEVIN MAIMANN/METRO

## NHL

## Oilers' season ticket well has run dry

Rogers Place will be packed with hockey fans for the next 41 Edmonton Oilers home games.

The Oilers announced Monday that all of the team's 15,000 season tickets have sold out for the 2016-17 NHL season.

"Our fans continue to lead the professional sports world in passion for their team," Oilers chief commercial officer Stew MacDonald said in a statement. "It appears likely their history of selling out every Oilers home game for over a decade will continue when we move to

our new home, Rogers Place, this fall."

Season Seat Registry members got first crack at the final 1,000 season tickets that were recently released, and bought up all of them.

An additional 2,000 Oilers fans are waiting on the registry, and interested fans can still sign up to be put on the list for future openings on the team's website.

The enthusiasm to watch

games in the brand new downtown arena, set to open in September, comes despite the Oilers' dismal track record in recent years.

The club has missed the playoffs for ten straight seasons, tying the Florida Panthers for an NHL record. In 2015-16, the Oilers finished last place in their conference and second last in the entire league.

Season ticket holders have

said their prices went up about 30 per cent for the first season at Rogers Place, in some cases for less desirable seating, after already increasing in cost each of the past two years.

The team has also sold out its suites, theatre boxes, Loge Tables and Loge Ledge seating for 2016-17, and will continue to offer mini packs and individual game tickets. Details on those tickets will be released in the coming weeks.

The building's full capacity for hockey games is 18,641.

KEVIN MAIMANN/METRO

**2,000**

The number of Oilers fans waiting on the registry for a shot at season tickets.



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# Canadians on Panama Papers list

## OFFSHORE FINANCE

### Identities of those involved available - and searchable

The secret identities of the people behind more than 200,000 anonymous offshore entities found in the Panama Papers have been made public.

The International Consortium of Investigative Journalists, and its only Canadian partners, the Toronto Star and the Canadian Broadcasting Corp., have released a searchable database of the companies, trusts and foundations online.

The data comes from the controversial Panamanian law firm Mossack Fonseca, one of the biggest players in the grey zone of offshore financing. The information includes the names of directors, shareholders and beneficial owners — the real owners of a company, even though their names might not appear on the shareholder register — kept secret by confidentiality laws in tax havens. This is basic information that would be public if the corporations had been registered in more transparent jurisdictions.

The Panama Papers leak was originally received by the German newspaper *Süddeutsche Zeitung*. It shared the 11.5 mil-

lion documents with the ICIJ and select journalism partners under the understanding the material was of great public interest.

More than 400 journalists, including members from the Guardian, the Miami Herald, the BBC and *Le Monde*, worked together for months to investigate the secretive world of high finance and those working behind the scenes to enable crime and corruption.

# 200,000

Anonymous offshore entities were involved in the Panama Papers. Their owners and directors have now been revealed.

Reports based on the documents quickly led to the resignation of Iceland's Prime Minister David Gunnlaugsson after it was revealed

he and his wife had set up a company in the British Virgin Islands that had holdings in Iceland's failed banks.

The database reveals the true owners and directors of the offshore firms, but does not include records of bank accounts and financial transactions, emails, passports, other correspondence and phone numbers, the ICIJ said.

The ICIJ said it was putting the information online "in the public interest" as "a careful release of basic corporate information" as it builds on an earlier database of offshore entities.

The ICIJ prefaced the data dump by noting that the appearance of particular persons and companies on the list doesn't imply wrongdoing. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS



From left, Rashid Hassan, Waida Hassan, Evin Bilel, Neda Bilel, Hamud Hawar and Mohammed Arous, all from Syria, pose for a portrait on the tracks of a railway station which was turned into a makeshift camp crowded by migrants and refugees at the northern Greek border point of Idomeni, Greece. GREGORIO BORGIA/THE ASSOCIATED PRESS

## XENOPHOBIA

# UN seeks to reframe refugee crisis

A new UN report aims to reframe the way many countries deal with refugees and migrants, creating a responsible and predictable international system to handle them at a time when their numbers are at the highest level since the world body began keeping track.

The report was written in preparation for a high-level meeting in the General Assembly on Sept. 19 to address the issue of large movements of refugees and migrants. That meeting will be followed by a summit organized by U.S. President Barack Obama, where world leaders will be asked to pledge money in response to the problem.

"One of the thoughts behind



Overwhelmingly the statistics show that refugees and migrants contribute (and) make a positive impact as soon as you put them to work.

Karen AbuZayd, UN special adviser

what we were doing was to change the narrative on refugees and migrants because part of what's happening now is that people are afraid they're terrorists or they're criminals or their taking their jobs," said UN Special Adviser on the Summit on Addressing Large Movements of Refugees and Migrants Karen AbuZayd. "The goal of the report is to create a better response to

large movements of refugees and migrants for the benefit not only of those on the move but for those who accept them."

AbuZayd points out that contrary to xenophobic rhetoric sparked by influxes of displaced peoples, migrants are often the most productive members of society.

"Overwhelmingly the statistics show that refugees and migrants

contribute to, make a positive impact as soon as you put them to work and it helps not only your country that has taken them in and it helps with the countries back home, too, because of the questions of remittances and things," AbuZayd explained.

The report recommends that UN member nations vote on two global compacts — one involving responsibility sharing for refugees, with countries asked to resettle at least 10 per cent of the global refugee population; and another compact strengthening global governance of migration. It also calls on the UN to lead a global campaign to counter xenophobia.

THE ASSOCIATED PRESS

## IN BRIEF

### Mexico judge says 'El Chapo' extradition may proceed

A federal judge has ruled that the extradition of drug lord Joaquín "El Chapo" Guzmán can move ahead, Mexico's Judicial Council said Monday. But the country's Foreign Relations Department must still approve it and the defence can appeal.

The Foreign Relations Department has 20 days to decide whether to approve Guzmán's extradition to the United States.

THE ASSOCIATED PRESS

## U.S. ELECTION

# Party unity not a big priority for Donald Trump

For Donald Trump, party unity is a good thing. But he's making clear he won't change his views or soften his rhetoric to get it.

"Look, I'm going to get millions and millions of votes more than the Republicans would have gotten" without me, Trump said.

In other words, get on board or get out of the way.

It's a risky calculation for a presumptive Republican nominee who this November will likely go up against Hillary Clinton, a seasoned campaigner who is faring well in the polls and has

broad support across her party.

But to Trump supporters like adviser Paul Manafort, shunning off hostility from party insiders is something Trump can afford to do.

"The important thing to remember is the national titular head of the party is the nominee of the Republican Party," Manafort said. Trump "just won that overwhelmingly, faster than anybody in Washington thought and running as an outsider against Washington. So, his agenda is the people's agenda."

Trump moved from presiden-

tial front runner to presumptive nominee last week when he crushed rival Ted Cruz in the Indiana primary, and Cruz dropped out of the race.

Ahead of a private meeting Thursday with House Speaker Paul Ryan, Trump used several televised interviews that aired Sunday to knock Ryan and other influential Republicans, along with a nomination system he says is "totally rigged."

Trump said Ryan "blindsided" him by declining to endorse him.

He called South Carolina Sen.

Lindsey Graham a "lightweight," and suggested Republicans Mitt Romney and Jeb Bush wouldn't back him because they were sore losers after their own failed presidential bids.

"I don't think (the party) actually has to be unified" in the traditional sense, he said.

Among the biggest questions ahead of Trump's private meeting with Ryan is whether Trump will call for Ryan's ouster as chairman at the Republican convention in Cleveland this July, if Ryan refuses to back him.

THE ASSOCIATED PRESS



Donald Trump. THE ASSOCIATED PRESS



# We're in this together.

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TD and TD Insurance customers who have been affected by the wildfires can get more information at [www.td.com/fortmcmurray](http://www.td.com/fortmcmurray) and [www.tdinsurance.com/fortmcmurray](http://www.tdinsurance.com/fortmcmurray)

TD has already made a donation of \$100,000 to the Canadian Red Cross, you too can help by donating at any local TD branch or online and TD will match up to an additional \$100,000. All donations to the Canadian Red Cross will also be matched by the Province of Alberta and the Government of Canada.

**Contact the Fort McMurray TD Helps program at 1-844-352-1423 or a TD Insurance Claims Advisor at 1-866-454-8910.**





# Crop insurance sales on upswing

## AGRICULTURE

### With inclining risks, farmers look to protect their livelihoods

Kelly McIntyre has tilled the soils of northwestern Alberta for more than 30 years, but only this spring did he conclude that he needed crop insurance.

"There just seems to be increased risk, more risk all the time," says McIntyre, a wheat and canola farmer near Fairview in Alberta's Peace Country.

He says the rising cost of machinery, land, seed and fertilizer means he's putting more on the line every season, so he finally went for the extra security of the federal-provincial insurance.

"You've got to cover yourself so that you can grow a crop next year, if it happens to be a bad year."

He's one of the many Prairie farmers who have opted to start or increase their coverage this

year as forecasts call for another arid growing season that is raising worries about the success of this year's harvest.

The tinder-dry spring has already contributed to the devastating wildfires that have consumed large swaths of Fort McMurray. Alberta also issued a special heat advisory as century-old temperature records were broken.

McIntyre says he's normally fighting the moisture at this time of year with muddy tires and

which covers up to 80 per cent of a farmer's losses — something he hasn't done in years.

The crucial store of moisture in the soil is gone this year, leaving crops much more vulnerable than usual, says Vandervalk, a grain farmer near Fort Macleod in southwestern Alberta.

"It doesn't take much," he says. "You take a couple weeks of windy hot weather on your crop, and you're in trouble."

The El Nino weather pattern

**You've got to cover yourself so that you can grow a crop next year.**

Kelly McIntyre, farmer

wet fields, but that's not the case now.

"We're seeding in conditions that are probably the driest I've ever seen."

Stephen Vandervalk also took a look at this year's weather conditions and decided to bump up his crop insurance coverage to the highest level on offer —

that caused drought conditions across the Prairies last year also made for a dry winter, and the trend is looking to continue this summer, says Environment Canada meteorologist Brian Proctor.

"It's likely going to be exacerbating the problem as opposed to helping the moisture deficit issues." THE CANADIAN PRESS



A woman and two young girls ride horses through a canola field near Cremona, Alta., on July 16, 2013. Many prairie farmers are opting to start or increase their coverage this year as forecasts call for another dry growing season that puts the success of crops in doubt. THE CANADIAN PRESS

## MARKETS

### National Bank buys big share

National Bank of Canada has paid US\$103 million to increase its ownership in a Cambodian bank to 90 per cent.

The Montreal-based company had previously owned 42 per cent of ABA Bank, or Advanced Bank of Asia.

It estimates that ABA Bank will add 17 cents to its diluted earnings per share for its 2016 financial year, which

**\$103M**

The amount paid by National Bank of Canada to acquire a larger ownership share of Advanced Bank of Asia. With the purchase, National Bank now owns 90 per cent of ABA.

ends Oct. 31.

That includes a gain of 12 cents per share from a revaluation of its earlier investments in ABA Bank.

ABA bank has 1,300 employees and 35 branches which collectively manage approximately \$925 million US in assets for individual and business clients.

THE CANADIAN PRESS

## RECALL

### Pacifiers present choking hazard

About 180,000 pacifiers have been recalled due to a choking hazard.

The federal Consumer Product Safety Commission says the recall involves Munchkin-brand Latch lightweight pacifiers and clips, which are sold as a set.

The commission says the clip cover can detach from the clip itself, creating a choking hazard.

Commission spokeswoman Patty Davis says Munchkin is

conducting a voluntary recall in co-operation with the government.

There have been 10 reports of the clip cover coming off in the U.S. and Canada, but no injuries have been reported.

The sets were sold between March 2014 and March of this year at retailers nationwide, among them large commercial entities such as Babies 'R' Us, Target, Wal-Mart and Amazon.

THE ASSOCIATED PRESS

**180,000**

Approximate number of pacifier sets that have been recalled due to a choking hazard. There have been 10 reports of clip covers coming off of the pacifiers' clips, creating a choking hazard.



The recalled Munchkin-brand Latch lightweight pacifiers and clips are sold as a set. THE ASSOCIATED PRESS



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## ROSEMARY WESTWOOD ON THOSE WHO LOST EVERYTHING

**Anyone watching Fort McMurray would have wondered: 'What would I take? What would I leave?' 'It's just stuff,' you might have told yourself. But that is not true.**

The mass exodus from Fort McMurray last week was marked, in part, by tales of things.

What was hastily, even comically (in retrospect) gathered: clothing and a large clock; the stuffed bear head lifted from its place on the wall; half a blender and a watermelon; cheese slices and snow pants.

Then, what was left behind: "It's not fair," one woman, who had been living at a campsite before it was consumed by flames, told the CBC. "They didn't even let us take our things. We lost everything now."

It wasn't a euphemism. Speaking to a camera crew while the fire raged behind her, distressed and in tears, she had only the clothes in which she stood.

Anyone listening the radio the day after that hectic evacuation would have wondered: "What would I take? What would I leave?"

"It's just stuff," you might have told yourself, looking around at the jumble of items that articulate that most private landscape: the home.

But that is not true. Yesterday, Alberta Premier Rachel Notley visited the scorched town to survey damage, reporters in tow. The visit will inform plans for residents' return. Swept out in a frenzy, people will soon begin to flow back into Fort McMurray. There will be something to return to: Hospitals, schools and the airport

survived the blaze, as did many homes. But much will have changed, and much will be gone forever. Even neighbourhoods could be unrecognizable.

"You walk into these areas and you could have lived there all your life and you're completely disoriented," Ron Mattiussi, a Kelowna resident during that city's 2003 fire, told the CBC of the aftermath there. "All the landmarks are gone."

This idea, of a lost home, has preoccupied me since the crisis began. "What is a home," a friend mused over the weekend, "if not the museum of your life?"

That has probably always been true, but perhaps never more so than now, when it can feel as though we live to consume. (You could argue we are consumers, then taxpayers, then a nationality, and then, perhaps, a gender, a race, an urban identity, a community member.)

Sex in the City's Carrie Bradshaw once snarked that shopping was her cardio. Just think

how fit we'd be if people actually walked to stores: In 2011, the U.S. Commerce Department reported Americans spent \$1.2 trillion on goods and services they didn't need. Yes, we're Canadians, but we also like our stuff.

That modern abundance has in turn spawned the age of minimalist Marie Kondo, who asks that you ascribe more than utility or fleeting affinity to your possessions, but a deep and abiding joy. And in this world, where, either way, you are what you own, what could be more terrifying than losing it all?

Speaking to the Atlantic magazine about the psychology of home, the environmental psychologist Susan Clayton called our domestic space a source of "self-definition." Where we live, and what we surround ourselves with, contributes to our identity. It can shape our routines, and we mold it reflect who we want to be.

Of course, those are both things — routines and a sense of self — that can change. Certainly, Fort McMurray's 80,000 residents have proven themselves nothing if not resilient. They are of course more than where they lived (or will live again, if they are among the lucky). Like all of us, their relationships undoubtedly matter most.

But we are nesting, possessive creatures. Our spaces remind us who we are — someone who likes these textiles, wears these clothes, drinks each morning from this mug, nurtures that plant, reads (or aspire to read) those books or magazines. Look around your private space, with all the talismans of your life, and then imagine it is all gone. Everything.

It is not the worst that could happen, but still. What a shock. What loss.



## Generous Albertans brought their A-game to this crisis

### URBAN PARADIS

Danielle Paradis



These last few weeks have been difficult for Albertans. Many of us have watched Fort McMurray and its people and felt helpless.

But as the wildfires continue to grow, and as evacuations begin at the oilsands operations for Suncor, Husky, Shell and CNRL, Alberta is now being held together by the good works of its people.

Community leagues, coffee shops, grocery stores and even the occasional strip club have been soliciting donations.

As the nearest major centre to Fort McMurray, Edmonton has always been intrinsically linked with our northern neighbours. Almost everyone in this city has a friend or family member who was working up north.

Unsurprisingly, Edmonton has rolled up its sleeves.

On Saturday, the Edmonton Emergency Relief Centre lined up a bucket brigade to load trucks with boxes of clothes, blankets and diapers. Northlands has been transformed into a centre for evacuees, with 11,000 people registered and 600 in cots as of Monday.

The University of Alberta and MacEwan University have both opened up residences to accommodate evacuees.

But still, we haven't reached the end of the crisis.

Heartbreaking videos and photos capture the destruction and the displacement of people in vivid detail. It's to the credit of first responders and the Wood Buffalo com-

munity that out of 88,000 people evacuated just two people died — in a car accident on Highway 63 — during this catastrophic event.

While most of the country has pulled together in support, some fringe environmentalists have been quick to point to a "karmic" retribution for the oil sands.

That received a swift rebuke by media and politicians alike.

Fort McMurray, despite generating huge amounts of income, has often been the locus of spiteful commentary by people looking to reduce Canada's carbon footprint.

For once, most of the province has reached a rare consensus that there will be time for partisanship and identifying what went wrong — but not now. As Edmonton continues to be a final destination for many people fleeing the fire, the city continues to respond with loving generosity.

The Alberta government, while often criticized for its poor communication, has been proven effective in an emergency situation. They kept their messaging calm despite the very real danger, as 25,000 people were evacuated through vehicle convoys beside a still-burning fire or in airlifts over the weekend.

It's too soon to tell what is going to happen in the coming months. As Premier Rachel Notley has said, getting people back in to their homes is not going to be a matter of days. Rebuilding takes time, but the Albertan spirit remains strong.

**Danielle Paradis** loves Edmonton, politics and flowcharts. She tweets @DaniParadis

### Metro POLL

## What would you take?

If you had to flee your home in a fire and had just five minutes to pack, what would you bring?

- 16% Family pet
- 15% Documents (i.e. passport)
- 15% Money
- 14% Smartphone/computer/tablet
- 10% Clothing
- 8% Family mementos
- 8% Food
- 6% First aid kit
- 5% Jewelry/valuables
- 3% Other

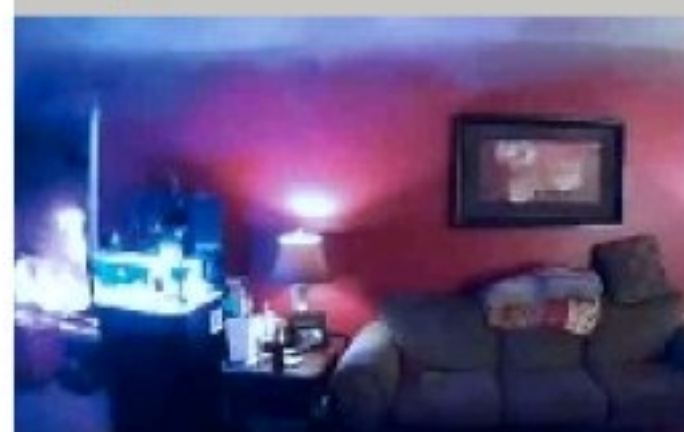
A change of clothes, basic toiletries, first aid and copies of documents.

We keep 'go' bags ready at all times.

My daughter and dog first. Anything else can be replaced.

In a fire, everyone should have a designated object to grab.

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# Battling anorexia as an adult

Support lacking for those facing high mortality rates of chronic disorder

The dizzying combination of side effects hit Lisa Sheinfeld like clockwork.

Two hours after she'd taken her usual amount of laxatives on an autumn afternoon last year, the 42-year-old Thornhill, Ont., mother of three sat in a public washroom, sweaty and light-headed. The pain, she recalls, was more intense than being in labour. To cope with her overwhelming nausea, she curled her thin body into a ball on the floor with a sweater bunched under her arm. It was an awful, all-too-familiar feeling.

And she'd done it to herself.

For two decades, Sheinfeld has been coping with anorexia nervosa, a chronic and deadly eating disorder. Anorexia has a typical onset in the early teens, but the stereotype of young women hoping to shed a few pounds doesn't tell the full story.

Around 150,000 Canadians have or once had anorexia, according to data in a 2014 federal report. Other research shows around 20 per cent of people who develop anorexia in ado-

lescence or young adulthood have a chronic course, typically living with the disorder for a decade or more.

Having an eating disorder throughout adulthood comes with distinct challenges, including few intensive treatment options, lengthy wait times, high mortality rates and the strain of also juggling a family and career.

For Sheinfeld, the disorder started in her early 20s when she first tried using laxatives.

The initial feeling of a flat stomach was "amazing," Sheinfeld recalls, but soon her family started noticing her frequent bathroom trips and weight loss.

After being diagnosed, she tried therapy and attended a treatment program in Toronto. It was like a detox, she says, and only lasted around three weeks.

At 29, she married her husband Rob. With children on the horizon, Sheinfeld knew her body needed to be healthy; the laxatives would have to go.

For the next 10 years, the disorder seemed to be under

control. Sheinfeld never used laxatives in the stretch when her three sons, now aged 9, 7 and 5, were conceived and born. But in April 2014, she says a "switch went off."

Sheinfeld bought a pack of drugstore laxatives — she can't recall why — and, in the back of her mind, she knew she was inviting a return.

"It happened very quickly. I knew all the secrets. I knew how to lie," she recalls.

Sheinfeld lost 30 pounds in less than a year.

"It's like I'm on a merry-go-round and I just can't get off of it," Sheinfeld says. "I want to but I can't."

Dr. Allan Kaplan, a senior clinician-scientist with the Centre for Addiction and Mental Health (CAMH), compares anorexia to an addiction. A trigger like depression or anxiety will lead someone to start using drugs, he says, but the symptoms of withdrawal causes them to continue.

"Someone who is in cocaine withdrawal or heroin withdrawal can't will themselves to not be in withdrawal. It's the same with anorexia nervosa — someone can't will themselves to be in control," says Kaplan, who has spent 35 years studying the psychobiology of anorexia and bulimia.

And that cycle can be deadly. Among the side-effects of anorexia, studies show ongoing weight loss can lead to osteoporosis, fertility problems and atrophy of the brain, and the suicide mortality rate of people with anorexia is one of the highest of all psychiatric illnesses, according to studies cited by the American Association of

Suicidology.

The National Eating Disorder Information Centre suggests an estimated 10 per cent of people with anorexia will die within 10 years of the disorder's onset — a stat that jumps to 50 per cent for those suffering a chronic course, either because of medical complications or by suicide, Kaplan says.

But for adult sufferers, finding suitable treatment is difficult. Sheinfeld says she's been told her Body Mass Index is too low for certain treatment programs, while others have responded with months-long waiting lists.

"My hope is just to have a life," Sheinfeld says. "To have my life back."

The disorder affects how the brain communicates with the gut, says Dr. Angela Guarda, director of the Eating Disorders Program at the Johns Hopkins Hospital in Baltimore. People with anorexia feel full with less food, she says, and also have symptoms of a gastro-intestinal disorder, such as bloating, constipation and abdominal pain.

And while parents might be able to force a child into treatment, it's a different situation with a spouse.

Sheinfeld's husband can relate. Last fall, at a therapy session for families of people with eating disorders, Rob looked around the room — and all he saw were parents.

"If your child is under 18, you can put them in a hospital as a parent. You can take things away from them," he says. "How do you do that with a 42-year-old? Am I going to take her car away, say she can't go out with

her girlfriends? I can't do that."

## Myth vs. Fact

There are many myths surrounding anorexia, here experts dispel some of the misinformation.

**Myth:** People with anorexia enjoy it

**Reality:** There's an assumption that people with this eating disorder enjoy it, and that's why they continue living this way, says Stoney Creek-based psychotherapist Carly Crawford, who battled an eating disorder for around 10 years.

But that's not the case. "The people I see are mentally exhausted, and so depleted of the energy to do the things they need to do to get well, so they stay sick," she says.

**Myth:** It's caused by models and the media

**Reality:** Modern research is revealing biological and genetic components to anorexia, even though it's often tied to the influence of skinny models and celebrities. "Yes, underweight models and the thin ideal promote dieting and disordered eating," says Dr. Angela Guarda, director of the Eating Disorders Program at the Johns Hopkins Hospital in Baltimore.

"But if that was enough to explain anorexia, we would all have it."

TORSTAR NEWS SERVICE



Lisa Sheinfeld, 42, has battled anorexia nervosa off-and-on for two decades. VINCE TALOTTA/TORSTAR NEWS SERVICE

## + PROGRESS

### Mother leads national push for more research

Wendy Preskow founded the National Initiative for Eating Disorders in 2012 after witnessing her daughter's struggle to get adequate care. Her daughter Amy, 30, has been coping with anorexia and bulimia since she was 14.

She said long wait times for treatment programs often lead to stints in the hospital instead. In 2014 alone, Amy went to the hospital four times; in one instance, clinicians needed to give her an injection and couldn't figure out how to do it because of her gaunt frame.

Preskow is leading the national push for more research. In April, she met with MPs in Ottawa in hopes of moving forward on recommendations made in the 2014 eating-disorders report from the Standing Committee on the Status of Women — such as creating a centralized data base of treatment programs, addressing long wait times and closing gaps in data collection about eating disorders.

"Eating disorders need to have the same recognition, funding, and research that every other physical disease gets," Preskow says. TORSTAR NEWS SERVICE

## + HOW ANOREXIA AFFECTS THE BRAIN

• Even when intensive treatment programs are available, helping longtime anorexia sufferers is challenging, says CAMH's Dr. Allan Kaplan. "Once people lose weight, they change their brain chemistry," he says. "Their processing isn't normal."

• When people lose weight, they lose body tissue from every part of their body, including the brain.

• Kaplan's current research focuses on how anorexia impacts the brain's myelin, the fatty covering of "white matter" that delivers information to the "grey matter" centres controlling emotions and high-level thinking.



# Gently down the stream

## YOGA

### Boat Pose is a fun and easy way to engage your core

**YuMee Chung**  
Torstar News Service

Want to test the seaworthiness of your boat pose? Why not take it out for a spin on the open water? Floating your boat introduces a fun cardiovascular challenge to a yoga classic.

#### Float your boat

1. Stand in the shallow end of a pool. Your feet should be able to comfortably reach the bottom.
2. Keeping your head above water at all times, bring the legs up to create a V-shape with the body. Lift your chest, draw the lower back in and up, and squeeze your legs together. This is boat pose.
3. Now power up your craft by breaking above the water's surface with your two feet, and sculling with your hands to row yourself backwards.
4. Go for distance or go for time — staying afloat as long as possible before you touch the feet down.

Once you've gone out for a few training runs, you can invite your friends to a boat pose regatta. This is a great one to do with kids of all ages.

#### Core Competency

Although boat pose is commonly thought to be an abdominal strengthener, the key muscles are actually your hip flexors, mainly psoas major and iliacus.

If you feel a cramping in the front of your thighs in boat pose, you are likely rely-



Above: a demo of the boat pose to see what it looks like above water. Below: How it looks when you're in the pool. CARLOS OSORIO/TORSTAR NEWS SERVICE

ing on rectus femoris (part of the quadriceps muscle group) to help you hoist your legs.

As it turns out, rectus femoris isn't a very effective hip flexor due to its origin point low down on the pelvis — it really only gains its title as a hip flexor on a technicality.

When this muscle contracts

in an attempt to flex the hip, its three other friends in the quadriceps muscle group also contract, but they are not equipped to do the job. The key to boat pose is learning how to recruit the best muscles to do the job and giving the accessory muscles a chance to kick back and enjoy

the ride.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

## EARLY DEVELOPMENT

### Mothers may 'imprint' fetus for obesity: study

A new large-scale study published on Friday study has shown that excess weight gain or high blood sugar levels during pregnancy increases the child's risk of being overweight or obese, even in normal-weight babies.

Previous studies have already shown that excess weight gain and high blood sugar during pregnancy increase the likelihood of a heavy birthweight baby who is then more likely to become obese as a child.

However until this new study, by the Kaiser Permanente Center for Health Research, there was little research into the effects that these risk factors could also have on normal birth weight babies, who are born at weights between 5.5 to 8.8 pounds.

After looking at the mothers during pregnancy and following the children from age 2 to 10, the team found that children of mothers who gained 40 pounds were 15 per cent more likely to be overweight or obese in

the first ten years of life compared to children whose mothers gained less than 40 pounds.

Commenting on the results lead author Teresa Hillier explained, "When women have elevated blood sugar and gain excess weight during pregnancy, it seems to change the baby's metabolism to 'imprint' the baby for childhood obesity. We're not sure yet of the exact mechanism of this change, but it appears the baby is adapting to an overfed environment."

The team now believe that future research should focus on how to prevent weight gain during pregnancy in an effort to combat childhood obesity.

"We can't wait until the baby is born to determine and address the impact on childhood obesity," said Dr. Hillier. "We need to intervene during the mom's pregnancy to help her with nutritional and lifestyle changes that will result in healthy weight gain, healthy blood sugar and ultimately, healthy children." AFP

**“ (Pregnancy weight gain) seems to change the baby's metabolism to 'imprint' the baby. Teresa Hillier**

## + HEALTH BRIEFS

### Sheryl Sandberg speaks out for single mothers

Facebook's No. 2 executive Sheryl Sandberg says she never realized how hard it is to be a single parent until her husband died a year ago. In a touching Mother's Day weekend post on Facebook, Sandberg says the odds are stacked against single moms. Many live in poverty, work two jobs or don't get paid leave to care for themselves or children if they get sick,

she says.

She called on leaders to rethink public and corporate policies to better support single mothers. She didn't say whether anything will change at Facebook, where she is chief operating officer. Sandberg's husband, Dave, died in a treadmill accident a year ago while on vacation in Mexico.

THE ASSOCIATED PRESS



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# Bearing witness for women everywhere

DOCUMENTARY

## New series by Gloria Steinem explores global gender issues

For her latest project in pursuit of equality, Gloria Steinem is turning to television.

The feminist activist and author makes her debut Tuesday as producer and host of *Woman*, a documentary series on the Viceland network about gender-based violence and injustice around the world.

The series came out of a discussion with Vice Media chief Shane Smith, Steinem said.

When she told him how violence against women predicts and normalizes violence at all levels of society, he "responded in a very heartfelt way."

The result is eight short documentaries, all by young female journalists, each focused on an issue threatening women in a particular region of the world.

The first episode looks at the epidemic of rape as a tool and symptom of war in Congo, with more than 1.8 million victims over the last 20 years.

Future installments explore female guerrilla fighters in Colombia, child brides in Zambia, and the murder of indigenous women in Canada.

Steinem, 82, talked with The Associated Press about the show and how she stays hopeful after



Steinem will host and produce an eight-part documentary series on the Viceland network, called *Woman*, about the political impact of violence against women throughout the world. The series premieres Tuesday. THE ASSOCIATED PRESS

six decades of activism.

### What did you say to Shane Smith that made him insist you do a show?

I was talking about violence against females in the world and the degree to which, first of all, it normalizes other violence. It tends to be what we see first in our families or in the streets.

It turns out to be the biggest indicator — more than poverty, more than degree of education, religion, access to natural resources, even degree of democracy — violence against females is the biggest indicator of whether a country will be violent in itself.

### How did you decide what to focus on for these eight epi-

sodes?

We were clear that we wanted to include every continent. We didn't want to make it seem as though problems of violence were limited to one part of the world. We looked at what was most prevalent or important to the women's movements in that country.

### The challenges facing some of the women you show are upsetting, but you've said the series makes you feel less helpless. Why?

We have to know before we can act, and the very fact that this is allowing millions of people to have the experience of walking around and talking to people and listening is a step forward in itself.

We know from many forms of suffering that what is important first is a witness — people want to know that someone else knows what's happening, that they're not alone.

### What real, concrete changes have you seen in your fight for feminism?

We now know, deeply and in the majority, that the old discriminatory systems are crazy, we are not crazy.

We now know that racism is not real, it's made up, it's cruel, it can be stopped. We know sexism is not inevitable. If we have reproductive freedom, that is the ability to decide for ourselves what happens to our bodies.

THE ASSOCIATED PRESS



**JOHANNA SCHNELLER**  
**WHAT I'M WATCHING**

## The Good Wife's seven-year switch



After seven seasons, the series finale aired on May 8. HANDOUT

**THE SHOW:** *The Good Wife*, series finale (CBS/Global)  
**THE MOMENT:** Will's advice

She's gotten her governor husband Peter (Chris Noth) a light sentence for his crimes, and plans to divorce him.

Now attorney Alicia Florrick (Julianna Margulies) stands alone in her apartment.

"What do I do now?" she asks the air. The ghost of Will (Josh Charles), Alicia's true love, appears. "Go to him," Will says, referring to wolfish investigator Jason (Jeffrey Dean Morgan). "Do you really want to live here alone? It will drive you crazy."

"You're right," she says. HUH? From the beginning, I loved *The Good Wife*. The characters' intelligence (and wardrobes) were exactly right, as were the ripped-from-the-headlines cases, and the amount of soap opera.

This season irritated me, though. Instead of being about Alicia, it was about the men who define her. I get that the plot had to land

her on that podium, where she could stand next to Peter as she did in episode 1 — but differently.

But that slap! Alicia's boss/mentor Diane (Christine Baranski) smacks her for betraying her, in the same hallway where Alicia slapped Peter in the pilot.

Suddenly, the whole series is not about Alicia becoming independent. Suddenly it's about shaming her for attaining power.

The climax strands Alicia without friends or job because she became what she hated — about Peter. (Again, defining her in relation to him.) She now has to go out to the bad world and redefine herself again.

To me, show creators Robert and Michelle King's decision undermines their whole series. You were rooting for Alicia, it says — but you were wrong to. Yuck.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Leicester manager Claudio Ranieri has been given an open offer from the Italian soccer federation to coach the national team at some point



**SHARKS OUT FOR BLOOD IN POTENTIAL CLOSEOUT GAME** Sharks goaltender Martin Jones blocks a shot as Predators forward Viktor Arvidsson looks for a rebound during Game 6 of their Western Conference semifinal playoff series on Monday in Nashville. The Sharks entered the match leading the series 3-2. For the result, go to [metronews.ca](http://metronews.ca). MARK HUMPHREY/THE ASSOCIATED PRESS

## Stars' quick start helps force Game 7

### NHL PLAYOFFS

#### Lehtonen makes early lead hold up with 35 saves

Rookie Mattias Janmark ignited a three-goal first period and Kari Lehtonen made 35 saves for the Dallas Stars, who forced Game 7 with a 3-2 victory over the St. Louis Blues on Monday night.

Vernon Fiddler and Jason Spezza also scored for Dallas, which reclaimed home ice for the deciding game on Wednesday night despite getting outshot 37-14 with the Blues dominating the last two periods.

Alexander Steen and Patrik Berglund scored for St. Louis.

Home ice has meant little, given the road team has won three in a row and four of six in the series.

Blues goalie Brian Elliott,



**Stars forward Vernon Fiddler scores past Blues goalie Brian Elliott while being covered by Kevin Shattenkirk on Monday in St. Louis.** JEFF ROBERSON/THE ASSOCIATED PRESS

who had played well throughout the post-season, was replaced with the Stars leading 3-0 on just seven shots at 16:49 of the first.

Jake Allen finished in his first appearance of this post-season, facing just seven more shots in the final two-plus periods.

St. Louis will be seeking its first trip to the Western Conference final since 2001 and Dallas, which finished first overall in the West, previously made it that far in 2008.

The Stars were ahead 3-0 after the first, their first two- and three-goal leads of the series.

### GAME 6 In St. Louis



That early show of strength muzzled another standing-room crowd of 19,808 at the Scottrade Center with the first two goals coming in a span of 20 seconds.

Janmark blocked Colton Parayko's dump-in from just inside the blue line and skated in alone on Elliott, scoring on a high shot. Fiddler made it 2-0 on a deflection at 5:13 not long after Elliott couldn't clear the puck.

Spezza made it a three-goal spread when he scored on a power play from the slot at 16:49. THE ASSOCIATED PRESS

### CFL DRAFT

## Riders entertaining offers for top pick

Chris Jones has a decision to make.

The Saskatchewan Roughriders' head coach/GM said Monday he's fielded numerous offers for the top pick in Tuesday night's CFL draft. The Riders have the first selection after last season's league-worst 3-15 record.

Usually the first selection would be coveted by a GM like Jones, hired this off-season to rebuild the Riders after leading Edmonton to last year's Grey Cup as its head coach. The draft pool features many top offensive linemen but no consensus No. 1 player, making it tough for Jones to reap the rewards of a bidding war for the pick.

"We're still in the process of fielding phone calls from numerous teams in the league

to determine exactly what our course of action will be," Jones said. "We're going to look at the best offer and then we'll make the right decision for us."

Montreal goes second, followed by B.C., Toronto, Hamilton, Calgary, Ottawa and Edmonton in the first round.

Winnipeg opens the second round at No. 9, forfeiting its first-round selection — which would've been second overall — to take Dartmouth linebacker/defensive back Garrett Waggoner in last year's supplemental draft.

THE CANADIAN PRESS



**Chris Jones**

THE CANADIAN PRESS

### MLB

## Strasburg, Nats strike \$175M deal

Stephen Strasburg is skipping his first shot at free agency, instead agreeing to a new contract with the Washington Nationals that will pay the pitcher \$175 million over seven seasons starting in 2017, according to a person familiar with the negotiations.

The person spoke to The Associated Press on condition of anonymity Monday night because the Nationals had not announced the deal.

Rather than heading to the open market, Strasburg took a

sure thing right now, eliminating any worries about the possibility of an injury lowering what a team might be willing to pay this off-season.

While the news of the deal was breaking, Strasburg took a no-decision in the Nationals 5-4 comeback win over the Detroit Tigers. The 27-year-old pitched seven innings, allowing four earned runs while striking out 11, including six of seven batters in one stretch.

THE ASSOCIATED PRESS

### MLB IN BRIEF

#### Nats need more from No. 4

Dusty Baker is sticking with Ryan Zimmerman as the Washington Nationals' cleanup hitter, right behind Bryce Harper in the order — at least, as the manager put it Monday, "for now."

A day after Harper walked six times and Zimmerman failed to make the Cubs regret it by going 1-for-7, Baker kept the order the same: reigning NL MVP Harper at No. 3 and Zimmerman at No. 4. The Nats beat the Detroit Tigers in comeback fashion, 5-4.

THE ASSOCIATED PRESS

#### Yankees tee off on Royals

Carlos Beltran hit two of New York's five solo homers in the first three innings off an ineffective Chris Young, and Aroldis Chapman allowed a run in his Yankees debut before closing out a 6-3 victory over the slumping Kansas City Royals on Monday night.

Brian McCann, Brett Gardner and Aaron Hicks also went deep to help the Yankees win the opener of a four-game series against the defending World Series champions.

THE ASSOCIATED PRESS



# As close as it gets

## RAPTORS TAKE ON THE HEAT

### Veterans take over as another game goes to OT

Dwyane Wade poured in 30 points to lift the Miami Heat over the Toronto Raptors 94-87 on Monday, evening up the Eastern Conference semifinal at two wins apiece.

The game needed overtime to decide the winner for the third time in the series.

Terrence Ross and Cory Joseph had 14 points apiece for Toronto, which is without starting centre Jonas Valanciunas for the remainder of the series.

Bismack Biyombo had 13 points and 13 rebounds, while DeMarre Carroll chipped in with 13 points.

Kyle Lowry had 10 points before fouling out with 1:58 to play on another rough night. He and fellow all-star DeMar DeRozan shot a combined 6-for-28.

Filling in for Valanciunas, Biyombo made his presence felt early when he soared over Amar'e Stoudemire for a massive first-quarter dunk, then flexed his biceps in celebration.

The game was an otherwise ugly one, with a mish-mash of lineups, and looked like

it might have turned into a blowout thanks to Toronto's woeful 29 per cent first-half shooting.

But the Raptors opened the third quarter with a 17-4 run and when Ross was fouled on a three-point attempt with a minute-and-a-half left in the quarter, his three free throws put Toronto up by six.

Leading 62-60 with one quarter left, Ross drilled two threes to put Toronto up by nine points with six-and-a-half minutes on the clock. But Wade led a comeback that pulled the Heat within two points with just over a minute to play. With 12.6 seconds on the clock, Wade drove to the hoop, and his basket sent the game into extra time.

With Lowry on the bench, the Raptors could do nothing right in OT. Joseph and DeRozan scored the team's only baskets, before Goran Dragic converted a three-point play with 22 seconds left and Wade grabbed a Raptors turnover for a bucket that sealed the Heat's victory.

Valanciunas, who's been big for Toronto in the post-season, sprained his right ankle when he came down awkwardly in Game 3.

The Heat are also without starting centre Hassan Whiteside, who sprained his medial collateral ligament in his knee on Saturday.

THE CANADIAN PRESS

#### GAME 4 In Miami



Dwyane Wade shoots over Bismack Biyombo on Monday in Miami. ALAN DIAZ/THE ASSOCIATED PRESS

#### JONAS VALANCIUNAS

### Centre uncertain on return

Jonas Valanciunas hobbled around in a walking cast Monday morning, appearing like he won't be back playing any time soon.

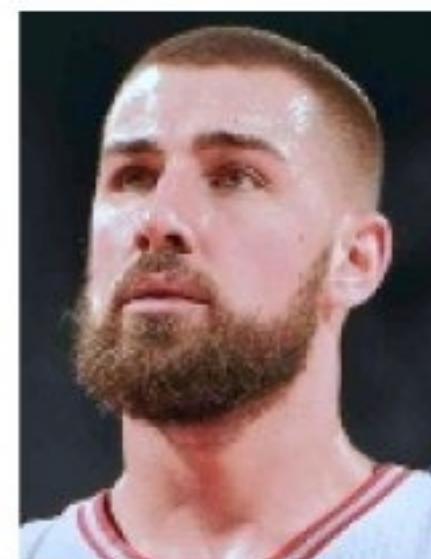
The Toronto Raptors centre was ruled out for the rest of the Eastern Conference semifinals with a sprained right ankle, but whether he's done for the season is unclear.

"We're just going to see what's happening," Valanciunas said at Monday morning's shoot-around. "It's already got a little bit better overnight. The plan is ice, keeping it high and resting. You do this and see what happens."

The seven-foot centre from Lithuania has been huge for the Raptors in the post-season, averaging 15 points, 12.1 rebounds and 1.4 blocks. Through three games against the Miami Heat, he averaged 18.3 points and 12.7 boards, and he already had 16 points and 12 rebounds when he injured his ankle in Saturday's Game 3.

He said the pain's not too bad, "but (playing with the injury) can affect the future so we're treating, doing everything to get better, to heal and we'll see day by day."

THE CANADIAN PRESS



Jonas Valanciunas

GETTY IMAGES

#### NBA

## Curry repeats as league MVP: Source

Stephen Curry is adding a second straight MVP award to his record-setting season.

A person with knowledge of the award says Curry will be announced as the winner perhaps as soon as Tuesday.



Stephen Curry  
GETTY IMAGES

The person spoke on condition of anonymity because the NBA has not revealed the winner.

Curry led the Warriors to an NBA-record 73 wins in the regular season. He also led the league in scoring with 30.1 points per game and shattered his own record for three-pointers by making 402.

THE ASSOCIATED PRESS

#### IN BRIEF

##### Spurs' Buford named top GM

San Antonio Spurs general manager R.C. Buford was named the NBA's executive of the year on Monday.

It's the second time Buford has received the honour. He previously won it in the 2013-14 season.

Buford led the field with 77 total points in voting by fellow NBA executives. Portland's Neil Olshey finished in second place and Golden State's Bob Myers was third.

THE ASSOCIATED PRESS

##### Murray ends experiment with coach Mauresmo

Andy Murray split with coach Amelie Mauresmo on Monday, ending a groundbreaking two-year relationship during which he improved as a clay-court player but failed to add Grand Slam titles.

Murray became the first high-profile men's player to hire a woman as coach when he hired Mauresmo in June 2014. The Frenchwoman gave birth to her first child in August.

THE ASSOCIATED PRESS

#### WORLD HOCKEY CHAMPIONSHIP

## Canada's balanced attack routs Belarus

Buffalo Sabres forward Ryan O'Reilly scored twice as Canada remained unbeaten at the world hockey championship with an 8-0 rout of Belarus on Monday.

Playing their third game in four days, the Canadians (3-0) followed a similar pattern to previous wins over the United States and Hungary. Canada allowed Belarus to keep the score close through 20 minutes before breaking the game open with four second-period goals.

#### Preliminary round



Canada has now outscored its opponents 20-2 in three games and sits at the top of the Group B standings with nine points along with Finland, which beat the Americans 3-2 Monday. THE CANADIAN PRESS



# RECIPE Asian Chicken Salad



PHOTO: MAYA VISNIE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This fresh and crunchy salad is satisfying enough to serve for dinner but also makes a portable lunch so let's just make life easy and double this recipe now.

**Ready in**  
Prep time: 20 minutes  
Cook time: 10 minutes

- Ingredients**
- 2 chicken breasts
  - 1/4 - 1/2 head of purple cabbage, thinly sliced
  - 1/4 - 1/2 head of green cabbage, thinly sliced
  - 2 carrots, shredded
  - 1 red pepper, thinly sliced
  - 1/2 cucumber, peeled and sliced
  - 2 spring onions, sliced
  - handful cilantro, chopped
  - 1/3 cup peanuts,

chopped (optional)

## Directions

**1.** Fill a skillet with water and season the water with salt and pepper and bring it to a simmer. Place the chicken breasts in the water and cook them for 10 to 12 minutes, depending on how thick the breasts are. Remove the meat from the skillet and place on a clean plate. Use two forks to shred the chicken.

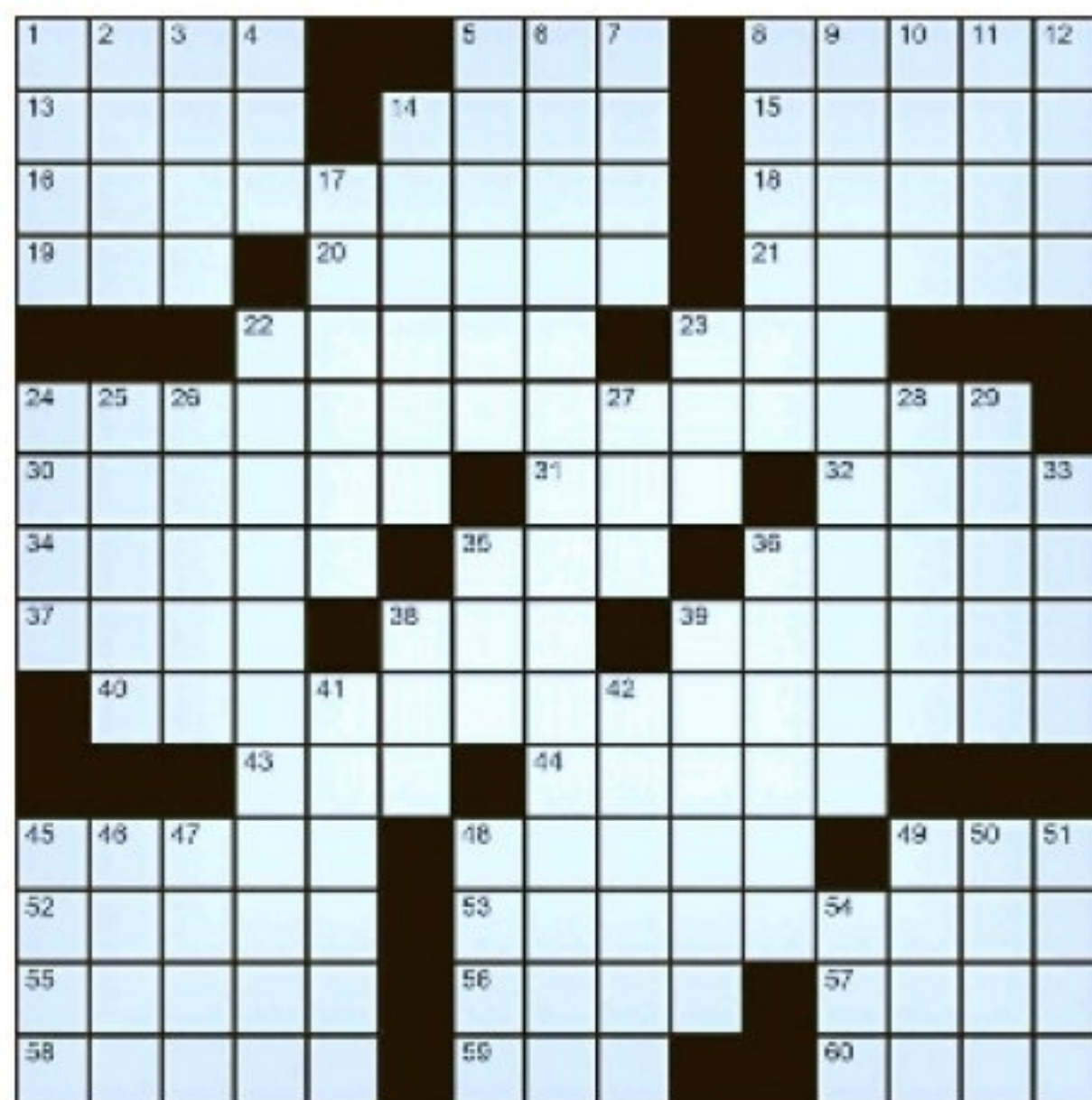
**2.** In a small bowl, whisk together the dressing ingredients.

**3.** In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT  
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



## ACROSS

1. Cooking fat  
5. "Dancing with the Stars" host ...his initials-sharers  
8. Canadian Olympian Ms. Hughes  
13. "Walk Like \_\_" by The Four Seasons  
14. 'Prem' suffix (Movie's first showing)  
15. \_\_ space (Starry locale)  
16. Celine Dion at Caesars Palace, e.g.: 2 wds.  
18. Tea party treat  
19. Tree-chopping tool  
20. Bubbly bars  
21. Communicates via clickety-clacks  
22. Cook, as broccoli  
23. Damage  
24. Current superhero movie for Canadian actress Emily VanCamp, "\_\_\_": Civil War" (2016)  
30. Away, archaically  
31. "Ready or \_\_\_"  
32. Ring up  
34. Minerals in multivitamins  
35. Docs  
36. Twin-crystal  
37. Director Mr. Ke-shishian  
38. Tender  
39. Livestock identification: 2 wds.  
40. Exterior housing feature: 2 wds.  
43. Bit of butter  
44. \_\_ voice (Softly)  
45. Good at crafts  
48. Sailor's away-from-home status: 2 wds.

49. Frequently, in verse  
52. 'Queen of Mean' hotelier Ms. Helmsley  
53. In a non-wasting manner  
55. Tycoon  
56. But, in Boucher-ville  
57. Tavern serving

58. Hunks of concrete  
59. Britannica, e.g.  
60. Relinquish control

## DOWN

1. Psychedelic lighting, \_\_ lamp  
2. Charge card,

- nicknamed  
3. Fury  
4. Forensic 'finger-print'  
5. Iran's capital city  
6. Household cleaning duo: 3 wds.  
7. Stitches  
8. Dana Carvey, to Mike Myers in movies

9. Classic sitcom tenant: 2 wds.  
10. Perched on  
11. Boulevard in Montreal, \_\_-Levesque  
12. Ancient Greece's war god  
14. Affirmative response to someone pointing over there: 3 wds.

17. Belonging to Beelzebub  
22. One with one's nose in the air, some might say: 3 wds.  
23. Fulfilled  
24. Hunting, in Spanish  
25. Eva \_\_ ("Canadian Idol" Season 4 champion in 2006)  
26. \_\_ of experts (Cable news show guests)  
27. Rap artist, \_\_ Def  
28. Prickly plants  
29. \_\_ Gardens Conservatory (Botanical attraction in Toronto)  
33. \_\_ Mason (Asset management company)  
35. Clock div.  
36. Rum/curacao/lime cocktail: 2 wds.  
38. Fragment  
39. Compounds in perfume  
41. Ancient peoples of Chichen Itza  
42. Inlaid artwork  
45. Belonging to Edmonton's prov.  
46. Tangible  
47. Afghanistan's \_\_ Bora  
48. "Are you as hungry \_\_\_?" (Let's eat!)  
49. S-shaped moulding  
50. Bolted  
51. Ancient port of Lebanon  
54. The Peacock network

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
This is an excellent day for business and commerce. Whatever you do will give you a profitable result in the future. (What works best is to finish an old deal.)

**Taurus** April 21 - May 21  
Fair Venus is in your sign now, dancing with lucky moneybags Jupiter. This means today is a very fortunate day for you. You will be more successful if you wrap up old business.

**Gemini** May 22 - June 21  
Solitude in beautiful surroundings will please you today. In fact, some of you might dabble in a secret love affair. (Woo, woo!)

**Cancer** June 22 - July 23  
This is a popular day! Rally your troops and set them marching, because others will respond to your encouragement and direction.

**Leo** July 24 - Aug. 23  
You make a fabulous impression on bosses and VIPs today. In fact, a flirtatious moment might occur — who knows? A conversation might lead to boosting your income in the future.

**Virgo** Aug. 24 - Sept. 23  
Travel for pleasure totally appeals today. Fortunately, opportunities to do so abound. Lucky you!

**Libra** Sept. 24 - Oct. 23  
Gifts, goodies and favors from others will come your way today. Do not hesitate to accept them. Just say, "Thank you!"

**Scorpio** Oct. 24 - Nov. 22  
Relations with others are warm and friendly today. It's a particularly good day to deal with members of the general public. Seek out fun excursions with others.

**Sagittarius** Nov. 23 - Dec. 21  
It's easy for you to get a raise or praise from others at work today, because people are impressed by you now. (Make the most of this while you have this advantage.)

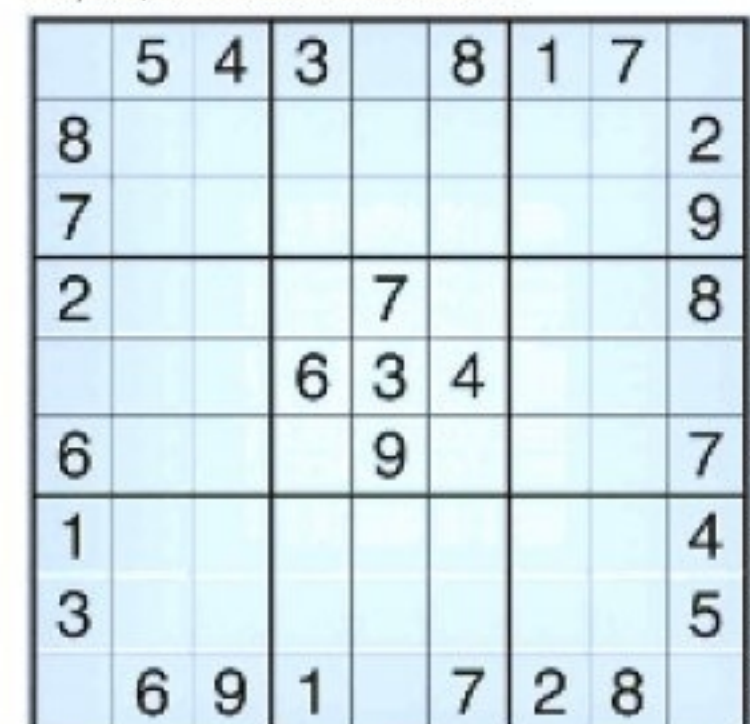
**Capricorn** Dec. 22 - Jan. 20  
This is an excellent day to set off on vacation. At the least, book some time for yourself doing what you enjoy most. The arts, sports events and playful times with children are favoured (as is romance).

**Aquarius** Jan. 21 - Feb. 19  
This is the perfect day to wrap up an old real-estate deal, especially something that has been hanging on. It's also a good day to entertain at home or buy something beautiful.

**Pisces** Feb. 20 - March 20  
Relations with others are friendly today, because you are in an optimistic frame of mind. Believe in your power to attract what you need to you.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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## 2014 Ford Focus



#F277854A

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**\$11,288**

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## 2013 Hyundai Elantra



#P2422A

AUTO, 5YR 100,000KM  
WARR WITH 52,000KMS

**\$12,988**

OR \$0 DOWN \$103 BI-WEEKLY

## 2012 Chevrolet Orlando



#F239332A

AUTO, SUNROOF,  
7 PASS, 54,000KMS

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## 2014 Buick Encore



#P2429

LEATHER, SUNROOF,  
16,000KM

**\$24,688**

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AMAZING SHAPE!

**\$22,988**

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## 2008 Toyota Sienna XLE



#P2434A

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HEATED SEATS

**\$14,788**

OR \$0 DOWN \$229 BI-WEEKLY

## 2015 Ford Mustang Convertible



#P2523

16,000KM, NAV,  
HTD COOLED SEATS

**\$35,888**

OR \$0 DOWN \$254 BI-WEEKLY

## 2014 Toyota Corolla S



#P2492

AUTO, LEATHER,  
SUNROOF, 21,000KMS

**\$18,988**

OR \$0 DOWN \$142 BI-WEEKLY

## 2014 Scion FR-S Monogram Edition



#2520

22,000KM, NAV,  
6SPD

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WINCH, MANUAL

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